

# Engage in Safe Behaviors



**Did you know?** Risky behaviors can take years off your life and endanger those around you. It's up to you to take control!

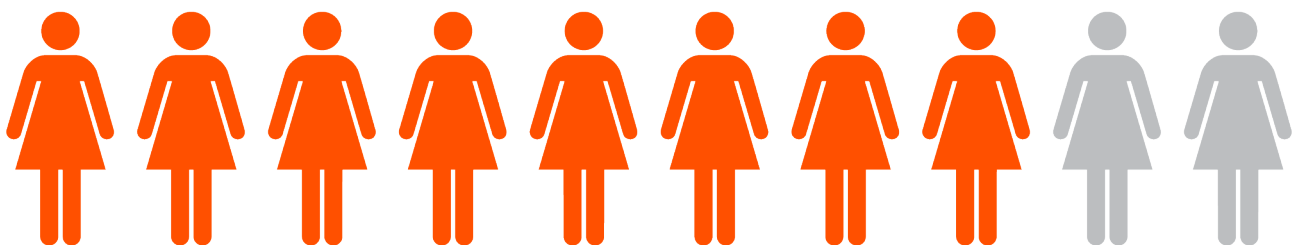


Seat belts reduce the risk of death by **45%** and cut the risk of serious injury by **50%**.<sup>1</sup>

The use of hand-held phones and other portable devices while driving **triples** your risk of getting into a car crash.<sup>2</sup>



Smoking causes **80%** of lung cancer deaths among women.<sup>3</sup>



## Tips

Start engaging in safe behaviors today to improve your health and lower your risk for injury and illness!



- ✓ Wear a helmet when you bike
- ✓ Pull over if you need to use your phone
- ✓ Call 1-800-784-8669 for help quitting smoking

## Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for sexually transmitted infections and more
- ▶ Set health goals, such as being active and maintaining a healthy weight



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- ▶ Learn more about how to quit smoking at **women.smokefree.gov**.
  - ▶ Get tips on distraction-free driving at **distraction.gov**.
  - ▶ Learn more about National Women's Health Week at **womenshealth.gov/nwhw**.



### Sources

<sup>1</sup> [www-nrd.nhtsa.dot.gov/Pubs/811387.pdf](http://www-nrd.nhtsa.dot.gov/Pubs/811387.pdf)

<sup>2</sup> [www.distraction.gov/content/get-the-facts/facts-and-statistics.html](http://www.distraction.gov/content/get-the-facts/facts-and-statistics.html)

<sup>3</sup> [www.cancer.gov/cancertopics/tobacco/statisticssnapshot](http://www.cancer.gov/cancertopics/tobacco/statisticssnapshot)